

Goal Setting

What goals have you set in the past that you have achieved?

What goals have you set that you did not reach? What prevented you from achieving your goal?

Set goals to help you achieve your personal best!

- Goals need to be specific
- YOU have to WANT to achieve the goal
- You should write your goals down and track your progress
- You should check in with your accountability partner to talk about what is working and what is not

Writing a Good Goal

- Use the “X to Y by When” format
 - X = the starting point
 - Y = your goal
 - When = your deadline

Example : I will go from running a 9-minute mile to running a 7-minute by the end of 12 weeks.

Ryan is hoping to make the basketball team this year. He wants to improve his free throw percentage from 50% to 70% by the time tryouts start next month.

Tracey is having trouble keeping track of her school work. She currently has lost her agenda. She has decided to buy a new one and write her assignments down for each class for the next 6 weeks.

Mackenzie failed 2 of her 4 exams last trimester. She is going to begin studying for her exams one month before the tests so that she can pass all of her exams this term.

Sue has been grounded 4 times for talking back to her mom this year, causing her to miss several friends' parties. She wants to pause and think before she speaks so that she will not end up grounded for the rest of the year.

Now...set your goal!

- Think of a goal you would like to accomplish in the next 6 weeks or so.
- Make sure you WANT to do it!
- Think about it in X to Y by When formula
- We will share and start tracking our goals together next week!